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| <b>Module Title:</b>   | Player Development 1 - GAA  |
| <b>Language of Instruction:</b>  | English   |
| <b>Credits:</b>  | 5   |
| <b>NFQ Level:</b>  | 6   |
| <b>Module Delivered In</b>   | <a href="#">2 programme(s)</a>  |
| <b>Teaching &amp; Learning Strategies:</b>   | <ul style="list-style-type: none"> <li>• Practical – Students will take part in lecture (Coach) lead practical sport specific practical sessions on the pitch and in the gym</li> <li>• Lectures - communication of knowledge and ideas from the lecturer to the student. This may involve Q&amp;A, group discussion or powerpoint presentations and online learning support where appropriate.</li> <li>• Problem solving exercises – students will work alone or as part of a team to address various playing and performance analysis challenges;</li> <li>• Self-Directed Independent Learning – The emphasis on independent learning will allow the student(s) to gain an appreciation of the many facets to be considered by the Gaelic Games athlete.</li> </ul> |
| <b>Module Aim:</b>   | To provide students with the knowledge, skills and attributes to understand how to enhance their own individual performance in each element of the GAA's Player Pathway model as well as an introduction to 24 Hour Athlete lifestyle to meet the demands of Gaelic Games   |
| <b>Learning Outcomes</b>   |   |
| <i>On successful completion of this module the learner should be able to:</i>  |   |
| LO1  | Display a basic level of proficiency with regard to exercise performance and instruction for Gaelic Games specific athletic development through pitch and gym based activities.   |
| LO2  | Demonstrate an understanding and appreciation of the 24 hour Athlete and the requirements needed for optimal performance in Gaelic Games.   |
| LO3  | Recommend and advise on the best nutritional practices and nutritional requirements for participation in competitive adult GAA.   |
| <b>Pre-requisite learning</b>  |   |
| <b>Module Recommendations</b><br><i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>         |   |
| No recommendations listed  |   |
| <b>Incompatible Modules</b><br><i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i> |   |
| No incompatible modules listed   |   |
| <b>Co-requisite Modules</b>  |   |
| No Co-requisite modules listed   |   |
| <b>Requirements</b><br><i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>          |   |
| No requirements listed   |   |

**Module Content & Assessment**
**Indicative Content**
**Physical Athletic Development**

Develop basic knowledge and knowledge to improve sport specific fitness components through pitch and gym based activities. (Aerobic, Anaerobic, Speed, Agility, Balance, Co-ordination, Strength) • Undergo fitness testing and receive results and feedback on key individual improvement goals in relation to results. • Introduction of gym based strength and conditioning programme • Introduction of pitch based strength and conditioning programme • Profiling & Setting goals

**24 Hour Athlete**

• To have an understanding that players are role models and should act as such • Continually develop awareness and knowledge of lifestyle and performance factors • Maintenance of an appropriate life and sporting balance • Well developed self monitoring / Diaries • Full integration of sport, career and life goals • Injury Management • Injury prevention • Rest and recovery strategies • Nutrition and Hydration • Time Management

**Sports Nutrition**

Healthy balanced diet. Energy requirements and current practices of players. Food pyramid/plate. Basic nutrients. Assessment of diet. Timing of ingestion, Hydration/electrolyte balance, Carbohydrates, Fats, Protein, Vitamins and Minerals

| Assessment Breakdown  | %      |
|-----------------------|--------|
| Continuous Assessment | 50.00% |
| Practical             | 50.00% |

**Continuous Assessment**

| Assessment Type | Assessment Description   | Outcome addressed | % of total | Assessment Date |
|-----------------|--|-------------------|------------|-----------------|
| Presentation    | Group Presentation Approx. 10 Minutes: 24 hour Athlete and requirements needed to optimise performance for Gaelic Games. | 2                 | 30.00      | n/a             |

**Project**

| Assessment Type | Assessment Description   | Outcome addressed | % of total | Assessment Date |
|-----------------|--|-------------------|------------|-----------------|
| Project         | Nutrition: essay (approx 1200 words) on advice/recommendations for player on key aspects of nutrition (healthy balanced diet, macros, timing of ingestion, hydration etc). | 3                 | 20.00      | n/a             |

**Practical**

| Assessment Type             | Assessment Description   | Outcome addressed | % of total | Assessment Date |
|-----------------------------|--|-------------------|------------|-----------------|
| Practical/Skills Evaluation | Mode A: (Players able to participate in class activities) Complete a self reflective physical fitness capacities performance profile to identify short and medium term improvement goals. Use a weekly class log to capture all work completed to achieve the identified goals and improve performance. Mode B (Players Unable to participate in class activities) Complete a self reflective physical fitness capacities performance profile to identify short and medium term goals in relation to gaining back full fitness. Use a weekly class log to capture all player development and rehabilitation work completed to regain full fitness and improve performance. | 1,2               | 50.00      | n/a             |

No End of Module Formal Examination

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

**Module Workload**

| <b>Workload: Full Time</b> |                    |  |
|----------------------------|--------------------|--|
| <i>Workload Type</i>       | <i>Frequency</i>   | <i>Average Weekly Learner Workload</i> |
| Lecture                    | 12 Weeks per Stage | 1.50                                   |
| Practicals                 | 12 Weeks per Stage | 3.00                                   |
| Estimated Learner Hours    | 15 Weeks per Stage | 4.73                                   |
| Lecture                    | 12 Weeks per Stage | 2.00                                   |
| Total Hours                |                    | 149.00                                 |

**Module Delivered In**

| Programme Code | Programme  | Semester | Delivery  |
|----------------|--|----------|-----------|
| CW_BBSMC_B     | <a href="#">Bachelor of Arts (Honours) in Sport Management and Coaching</a>      | 1        | Mandatory |
| CW_BBGAA_D     | <a href="#">Bachelor of Arts in Sport Coaching and Business Management (GAA)</a> | 1        | Mandatory |